

## Roasted Vegetable Sandwich

This Roasted Vegetable sandwich is great to take on a picnic, or to take with you any time you feel like having a healthful snack.

**Serves 4**

### Ingredients:

- 3 Tbsp. balsamic or red wine vinegar
- 2 tsp. olive oil
- 1/4 cup fresh basil, chopped or 1 Tbsp. dried
- 1 small eggplant, sliced into thin rounds
- 1 zucchini, thinly sliced
- 1 yellow summer squash, thinly sliced
- 1 red bell pepper, seeded and sliced thinly
- 1 small red onion, sliced and separated

### Basil-Yogurt Spread:

- 1/4 cup nonfat yogurt
- 2 Tbsp. reduced-fat mayonnaise
- 1 Tbsp. additional fresh basil, or 1 tsp. dried
- 1 tsp. lemon juice

### Instructions:

Preheat oven to 450 degrees Fahrenheit. Blend vinegar, oil and basil. Add vegetables, tossing to coat. Place vegetables in roasting pan and cook, stirring occasionally, until tender and lightly browned - about 30 minutes. Cool vegetables and whisk together ingredients for spread (recipe can be prepared ahead and refrigerated at this point). To assemble sandwiches, spread basil yogurt mixture on your favorite bread - pita halves, sliced French baguettes or crusty rolls work well. Top with veggie mixture and serve.

### Nutritional Information: (Per Serving)

Calories: 220, % Calories from fat: 25

Fat (gm): 6, Saturated fat (gm): 1

Cholesterol (mg): 0

Sodium (mg): 303

Protein (gm): 7

Carbohydrate (gm): 36

Fiber (gm): 6

Source: American Institute for Cancer Research ([www.aicr.org](http://www.aicr.org))

[www.healthplus.org](http://www.healthplus.org)

*See pages 2-3 for Strawberry Recipes:*

*Strawberry Pork Chops, Strawberry Balsamic Chicken, Strawberry Salsa, Strawberry Pie*

# Strawberry Pork Chops

## Ingredients

- 1 tablespoon crushed rosemary
- 1 teaspoon dried tarragon
- 1/2 teaspoon ground black pepper
- 1/8-1/4 teaspoon sea salt
- 3/4 cup raspberry vinaigrette dressing
- 1/8 cup chopped scallion
- 2 tablespoons honey
- 1/2 teaspoon Worcestershire sauce
- 1 1/2 lbs boneless pork chops (about 1-inch thick)
- 1-2 tablespoon olive oil
- 2 cups thinly sliced strawberries

## Directions

1. In a small bowl, mix together rosemary, tarragon, pepper and salt; rub evenly over both sides of pork chops.
2. In another small bowl, mix together vinaigrette, scallions, honey and Worcestershire sauce; set aside.
3. In a large skillet over medium-high heat, cook chops in olive oil for 5-6 minutes on each side until browned. Pour the rasp vinaigrette mixture over meat in skillet and cook about 4 more minutes or until juices run clear.
4. Remove chops to a platter and cover to keep warm. Add sliced strawberries to skillet cooking juices and heat through. Pour over the pork chops and serve.

Calories 222. Calories from Fat 82 (36%)

Amount Per Serving %DV:

Total Fat 9.1g 14%

Saturated Fat 2.6g 13%

Monounsaturated Fat 4.3g

Polyunsaturated Fat 0.7g

Trans Fat 0.1g

Cholesterol 64mg 21%

Sodium 256mg 10%

Potassium 614mg 17%

Total Carbohydrate 10.0g 3%

Dietary Fiber 1.1g 4%

Sugars 8.1g

Protein 24.7g 49%

[www.recipezaar.com/recipe/Strawberry-Pork-Chops-164908](http://www.recipezaar.com/recipe/Strawberry-Pork-Chops-164908)

# Strawberry Balsamic Chicken

## Ingredients

- 4 (8 ounce) containers strawberry yogurt
- 1/2 cup balsamic vinegar
- 1 tablespoon white sugar
- 1 tablespoon ground black pepper
- 1 teaspoon ground cinnamon
- 1 teaspoon kosher salt
- 4 skinless, boneless chicken breast halves
- 2 tablespoons olive oil
- 1 teaspoon lemon juice
- 4 large strawberries
- 2 teaspoons minced fresh parsley
- 1 teaspoon minced fresh mint leaves
- 1 tablespoon balsamic vinegar (optional)

## Directions

In a medium bowl, stir together the yogurt, 1/2 cup balsamic vinegar, sugar, pepper, cinnamon and salt. Place chicken breast halves in a shallow baking dish, and pour the sauce over them. Refrigerate for 1 hour, turning chicken over half way through. Heat the olive oil in a large skillet over medium-high heat. Scrape the marinade off of the chicken breasts, and place them into the hot oil. Quickly brown the chicken on both sides, then reduce the heat to medium-low, cover, and cook until chicken is no longer pink and juices run clear, about 15 minutes. Remove from heat, and let rest for 3 minutes.

While the chicken is cooking, transfer the marinade to a saucepan. Bring to a low simmer over medium heat. Remove stems from strawberries, and slice thinly so they will fan nicely. Set aside.

Slice chicken breasts on the diagonal into 1/2 inch thick slices. Place on serving plates, and sprinkle with lemon juice. Spoon about 2 tablespoons of the marinade over each chicken breast, and fan one sliced strawberry over the top. Garnish with a sprinkle of fresh mint and parsley. If you really love balsamic vinegar, finish the dish off with an artful drizzle.

<http://allrecipes.com/Recipe/Strawberry-Balsamic-Chicken/Detail.aspx>

# Strawberry Salsa

## Ingredients

- 1 pint fresh strawberries, sliced
- 4 roma (plum) tomatoes, seeded and chopped
- 1 jalapeno peppers, seeded and minced
- 2 cloves garlic, minced
- 1 lime, juiced
- 1 tablespoon olive oil

## Directions

In a large bowl, combine strawberries, tomatoes, chile peppers, garlic, lime juice and oil. Toss all together to mix and coat. Cover dish and refrigerate for 2 hours to chill. Ready to serve!

"A sweet salsa that is great with pork and chicken dishes."

<http://allrecipes.com/Recipe/Strawberry-Salsa/Detail.aspx>

# Double Strawberry Pie

## Ingredients:

### Filling

- 2 1/2 pints fresh strawberries
- 3/4 cup sugar
- 1/3 cup lemon juice
- 1 cup water
- 2 teaspoons unflavored gelatin

### Crust

- 1/2 cup all-purpose flour
- 1/4 cup cornmeal
- 2 tablespoons sugar
- 3/4 teaspoon baking powder
- 1/4 teaspoon salt
- 2 tablespoons cold butter, cut into pieces
- 3 tablespoons low-fat milk

### Preparation:

1. To prepare filling: Choose 2 cups of strawberries as close to the same size as possible; hull and set aside. Hull and dice the remaining berries.
2. Mix the diced berries, 3/4 cup sugar and lemon juice in a bowl. Let stand for 20 minutes. Drain the berries well in a sieve set over a medium saucepan. Return the berries to the bowl and set aside.
3. Add water and gelatin to the strawberry liquid in the saucepan and heat over medium heat, stirring, until the gelatin is completely dissolved. Remove from the heat and stir into the reserved diced berries. Refrigerate, stirring occasionally, until the filling has thickened slightly and mounds when dropped from a spoon, 3 to 4 hours.
4. To prepare crust: Preheat oven to 350°F.
5. Stir together flour, cornmeal, 2 tablespoons sugar, baking powder and salt in a large bowl. Cut butter into dry ingredients using a pastry cutter, 2 forks or your fingers until crumbly. Stir in milk with a fork, 1 tablespoon at a time, just until dough comes together.
6. Turn dough out onto a floured surface and knead 7 to 8 times. Roll out into an 11-inch circle with a floured rolling pin. Drape dough over rolling pin and fit into a 9-inch pie pan. Fold edges under and crimp with the tines of a fork.
7. Prick bottom of crust with a fork and line with foil or parchment paper. Fill with pie weights (or use rice or dried beans). Bake for 10 minutes. Remove foil and weights and bake until lightly browned, 8 to 10 minutes more. Place on a wire rack to cool.
8. To assemble pie: Arrange reserved whole berries, pointed ends up, in crust. Spoon filling over whole berries. Refrigerate until firm, at least 2 hours, before slicing.

### Nutrition

Per serving: 185 calories; 3 g fat (2 g sat, 0 g mono); 8 mg cholesterol; 38 g carbohydrates; 2 g protein; 2 g fiber; 116 mg sodium; 159 mg potassium.

**Nutrition Bonus:** Vitamin C (96% daily value)

**Source:** [http://www.eatingwell.com/recipes/double\\_strawberry\\_pie.html](http://www.eatingwell.com/recipes/double_strawberry_pie.html)

**WOW Tip:** Consider using less sugar or a sugar substitute such as Splenda or Pure Stevia Extract, a butter substitute such as Smart Balance, and half all-purpose, half whole wheat flour.